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STOP APATHY

Musicians like Dan Mangan will perform on buses to advance polls on Saturday. CONTRIBUTED

Viaduct demo to cost $200M

INFRASTRUCTURE

City's estimate to remove the Georgia and Dunsmuir jumped by $70M

Emily Jackson
Metro | Vancouver

The estimated cost of removing the Vancouver viaducts has ballooned to $200 million, according to the City of Vancouver's acting director of transportation.

The new price tag is $70 million higher than the previous estimate in 2013, when the city started seriously looking at tearing down the Dunsmuir and Georgia viaducts. It would include removal, installation of new at-grade streets and other major infrastructure such as sewers and water, according to a Monday statement attributed to acting director Lon LaClaire.

The estimate comes as council prepares to make a decision on the future of the viaducts. A report recommending the teardown of the elevated downtown connectors is expected to go to council in late October.

It's not clear exactly why the cost soared by about 150 per cent in two years, but the city is expected to release a technical report this week that could shed light on the costs.

LaClaire argues demolishing the infrastructure will result in lower maintenance costs in the long run since at-grade roads are cheaper than bridges. In the statement, he said it would cost $65 million alone to upgrade the viaducts to the lowest level of seismic-safety standards.

"The long-term benefits both for ongoing costs and the social benefits for our city far outweigh the cost associated with the removal," he said.

City planners say the viaducts carry less than half of their capacity, so an at-grade road network could absorb the vehicle volume. Removing them will also result in a larger park and free up land owned by highrise developer Concord Pacific.

Reaction to the plan has been largely positive, according to the city. Consultation found that 69 per cent either support or strongly support getting rid of the viaducts, according to a city survey of 658 people.

Concerns include increased traffic and the impact on neighbourhoods such as Strathcona.

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NASA taps U.S. Navy's research for Mars mission. **World**

Neil Young calls Canada's leadership 'irresponsible'

POLITICS

Singer donates $100,000 to Suzuki Foundation

Emily Jackson
Metro | Vancouver

Neil Young joined David Suzuki to speak at a news conference before his concert at Rogers Arena on Oct. 5. EMILY JACKSON/METRO

Neil Young isn't happy about the damage done to Canada's environment and reputation by its current leadership and wants to use his voice to call for a different direction, he told reporters at a news conference before his Vancouver concert Monday.

"I think it's pretty obvious a lot of people are upset about what's going on in Canada today. I'm not happy about Canada's endless search for a drop of oil," Young said in response to a range of questions about the upcoming federal election. "I think that it's sad that Canada's leadership is so irresponsible. It's tragic."

The musician, who has famously spoken against the oilsands and Monsanto, joined David Suzuki to announce he will donate $100,000 from the concert at Rogers Arena to the David Suzuki Foundation Blue Dot movement to enshrine the right to a healthy environment in Canada's Charter of Rights and Freedoms.

B.C. municipalities voted to collectively support the Blue Dot campaign at their annual meeting last month, but Suzuki said he needs more traction and support from seven premiers before it goes to the federal government.

Young praised Suzuki's campaign as a way to give people legal teeth to defend against environmental degradation by multinational corporations, which he vehemently dislikes.

Young said corporate power and its ability to influence politicians has made him disillusioned to the point that he's not sure he would vote if he could. Young is a Canadian citizen, but the Conservatives recently took away expats' right to vote if they've been away from the country for more than five years.

> **I think it's pretty obvious a lot of people are upset about what's going on in Canada today**
> Neil Young

While he's not ready to pen anti-Conservative songs like his compatriots Blue Rodeo's Stealin' My Dreams, he said it deserves a lot of radio play and that protest music is very relevant today.

In his travels, Young has seen Canada's reputation change "immensely" over the years.

"Recent leadership has trashed what we have and made it such a negative thing and given Canada such a negative image on the planet among forward looking countries," he said.

But he believes campaigns such as Suzuki's, or actions such as investing in solar energy instead of fossil fuels, could undo that. The economy is nothing without the environment, he said.

Suzuki echoed this, noting the IMF and World Bank say it will be far more difficult to deal with the consequences of greenhouse gas emissions in the future.

WILDLIFE

Cougar chase ends in capture

It was the perfect Hollywood ending to a guns-drawn pursuit of a cougar bounding across backyards, over fences and through garages in a downtown Victoria neighbourhood steps from British Columbia's legislature.

Dozens of residents peered over fences or stood on balconies watching the drama as police and conservation officers with dogs ran through alleys and along sidewalks with their pistols drawn as noisy crows led the chase from the sky. Relieved neighbours and bystanders clapped and cheered after one shot from a tranquilizer rifle immobilized the big cat Monday morning.

About a half dozen officers surrounded the cougar as it lay on the grass with a dart in its side, its chest heaving, before it was lifted into the back of a pickup truck and placed in a steel barrel.

"I was hoping they wouldn't kill it," said Sonja Edwards, who lives in the James Bay neighbourhood where the cougar was on the loose. "We decided to tranquilize it because we had a chance to," said conservation officer Peter Pauwels. He said he expected the cougar to wake up in a few hours when it would be released back into the wild Monday evening.

"I'm going to try and take it as far away from human civilization as I can get on southern Vancouver Island."

Pauwels downplayed the intensity of the hunt and the potential danger that the wild, cornered cat posed to the neighbourhood, which includes an elementary school and seniors' facilities..

THE CANADIAN PRESS

BUSINESS

Marijuana producer closer to selling extracts

A licensed medical marijuana producer in B.C. is getting closer to selling marijuana extracts such as oils and liquid capsules, products traditionally in the realm of still-illegal dispensaries.

Nanaimo-based producer Tilray got a licence to produce cannabis oils from Health Canada in August. The federal regulator is letting licensed producers make — and eventually sell — fresh marijuana and cannabis oil as well as dried marijuana in light of a Supreme Court decision that patients have a right to these forms of the drug.

Tilray has since developed 20 products including cannabis drops, liquid capsules, oral spray and topical oil (all will come in a variety of dosages), vice-president of patient research Philippe Lucas said Monday.

It hopes to get permission to sell them by November, Lucas said. He didn't weigh in on whether this will help Tilray compete with dispensaries — there are more than 100 in Vancouver hawking a variety of products despite not being legally allowed to do so — stating the company's goal is to meet patient needs.

Physicians and patients have both advocated for the ability to legally buy extracts for those who don't want to smoke, he said. Extracts also allow for more precision in dosages, can be used more discreetly and have longer lasting effects.

Twelve out of 26 licensed producers in Canada have received permission to produce extracts thus far.

Extracts will be permitted in Vancouver dispensaries when its new regulations come into play.

People argued that the city should allow edibles as well, as it can be hard for people in pain to cook with extracts, but the city refused to budge because treats like brownies look too appealing to children.

EMILY JACKSON/METRO

CORRECTION

A headline that ran on page 2 of Monday's paper for a story about three men charged in the murder of Vancouver teenager in 2014 was incorrect.

In fact, one of the three accused is the son of a former RCMP officer who is suing the force for allegations of sexual harassment. Metro apologies and regrets the error.

Vancouver indie rockers Yukon Blonde, right, teamed up with Hey Rosetta! to perform a music video for an anti-Harper protest song. VIMEO.COM

A bicoastal protest song

ANTI-HARPER

Yukon Blonde joins forces with band from St. John's

Thandi Fletcher
Metro | Vancouver

Vancouver rockers Yukon Blonde have become the latest Canadian musicians to criticize the Harper government through song and urge citizens to vote "anything but Conservative" in the federal election.

The indie darlings, originally from Kelowna, teamed up with St. John's, N.L., band Hey Rosetta! to perform a music video for the song Land You Love, written by the latter band's frontman Tim Baker.

Yukon Blonde bassist James Younger said the bands, from opposite coasts, came up with the idea, after a recent tour together, of using their music to urge listeners to go to the polls on Oct. 19.

"We have an ability, fortunately, to say something and maybe reach some people," he told Metro. "And it felt important to do that given that's an incredibly crucial time in Canadian politics."

> **Now is the time, when a change has to come.**
> Chorus from Land You Love

In the video, which features a split-screen shot of both bands, the musicians hold up a series of signs with the song lyrics calling on listeners to "draw a line and to fight for the land you love."

"Now is the time, when a change has to come," the bands sing in the chorus.

At the end, Hey Rosetta! cellist Romesh Thavanathan holds up a sign reading "Anything But Conservative," while Yukon Blonde's Younger holds a sign reading #ImagineOct20th, in reference to a concert series featuring Canadian musicians Feist and Dan Mangan that encourages youth to vote against the Tories in advance polls.

"People need to vote," said Younger. "There really is a very distinct possibility in this tight election that on Oct. 20 we could wake up with a Canada beyond Stephen Harper and the Conservatives."

The bands are just the latest Canadian musicians to pen an anti-Harper protest song.

Last week, Blue Rodeo released their anti-Conservative song Stealin' All My Dreams. Over the summer, former Environment Canada scientist Tony Turner was placed on leave and later announced his resignation after his folk song, which criticizes the prime minister's policies, became an online sensation.

Younger said he hopes the music video urges voters that might feel disempowered to do their homework and "go vote."

"I'm not going to tell you who to vote for," he said. "But just be involved, make up your own opinions and go vote. It truly can make a difference."

YOUTH ENGAGEMENT

Artists rocking the vote

A non-partisan group of Vancouverites is turning up the tunes with the hope of also turning up the youth vote this weekend.

The group, called Turn Up YVR, is hosting bus-based concerts with performances by popular local musicians such as Dan Mangan to transport voters to advance polling stations on Saturday in an effort to encourage voters between the ages of 18 and 35 to cast their ballots in advance polls.

Hilary Farson, one of the organizers, said the campaign, called Voting #InAdvance, aims to dispel the myth that young people don't care about politics.

"There is often this misperception that low youth voter turnout implies apathy and we wanted to really break down that notion," Farson told Metro. "There's a growing body of research that shows youth are politically engaged, just not in traditional party politics."

She said youth voting dropped by five per cent during the last federal election. The group aims to reverse that this year in Vancouver.

Participants at Saturday's event will ride along with artists such as Mangan, Kuba Oms, Shawn Hall of The Harpoonist & the Axe Murderer, and Zaac Pick, while they perform acoustic sets en route to the polls.

All voters are asked to bring a government-issued photo ID and a proof of their address to vote, the organizers said.

Bus trips will depart from the Broadway-City Hall Canada Line station at scheduled times at 11 a.m., 1 p.m. and 3 p.m. for specific ridings.

Information on bus schedules is available on the group's Facebook page.

THANDI FLETCHER/METRO

Support others with mental health, addiction and housing issues as a
Community Mental Health and Addictions Worker

Community Mental Health and Addictions Workers assist individuals with mental health, housing and addiction challenges by encouraging and supporting them in their daily lives. "Probably one of the biggest challenges with this type of work is learning to leave your own judgments, hopes and expectations at home," says Clare Hacksel. "Once we realize it isn't about fixing people but giving them the dignity and respect that they deserve, the job becomes incredibly rewarding." Community Mental Health and Addictions Workers work in shelters, transitional housing, single residential occupancy hotels, supportive permanent housing, outreach programs, life skills services, recreation and wellness programs, food programs, health services, and recovery and treatment facilities.

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Riding: Burnaby South

ELECTION 2015 For the next two weeks, Metro will look at ridings across the Lower Mainland to find out what candidates say are the biggest election issues and why people should vote for them.

ON THE RECORD
Metro asks the candidates

Kennedy Stewart – NDP

CONTRIBUTED

What is the most important issue facing your riding?

By knocking on thousands of doors, voters tell me the most important issue facing Burnaby South is affordable housing.

Why should people vote for you?

It has been a privilege to serve as Burnaby's MP since 2011. Since being elected I have helped thousands of local residents and been Burnaby's voice in Ottawa. I voted "no" to Bill C-51 when the Conservatives and Liberals voted "yes" to this new surveillance legislation. I have stood with my community against the new Kinder Morgan pipeline and against Conservatives and Liberals who are trying to ram it through our city. I have proposed a made-in-BC plan to make housing more affordable. If re-elected, I will continue to stand up for Burnaby.

Adam Pankratz – Liberal

CONTRIBUTED

What is the most important issue facing your riding?

In Burnaby South residents have clearly expressed their concerns about the lack of opportunity and the slow economy. Throughout the last year that we have been knocking on doors, this message has only intensified.

Why should people vote for you?

As someone born, raised and living in Burnaby, I am heavily invested in the future of the city and local residents. I've been active in the community all of my life, and want to represent residents as their Member of Parliament. The Liberal party's plan to heavily invest in much needed infrastructure, lower taxes for the middle class while raising taxes on the top 1% will undoubtedly benefit our community in the years to come.

Grace Seear – Conservative

CONTRIBUTED

What is the most important issue facing your riding?

The most important issue in Burnaby South is the economy. A re-elected Conservative government will continue to work towards job creation, and keeping taxes low for all Canadians. We are committed to a low-tax plan, and will introduce a "Tax Lock" law, promising to not increase federal taxes for four years.

Why should people vote for you?

I am able to represent Burnaby South constituents in many capacities. As a mother of two children, I understand the issues facing families. I also understand the challenges facing immigrants, having immigrated to Canada at a young age. Balancing budgets, finding good paying jobs and keeping loved ones safe are important issues for residents, and they are issues I will champion in Ottawa.

Wyatt Tessari – Green

CONTRIBUTED

What is the most important issue facing your riding?

While I recognize the ongoing importance of the economy, immigration, health care, education and security for Canada's success, the only issue big enough to put human civilization in jeopardy is climate change.

Why should people vote for you?

There is only one party with enough courage and foresight to deserve your vote — a party that is standing on principle on the biggest issues of our time — and that party is the Green Party of Canada. As your MP, I will bring those qualities to Ottawa.

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Riding: Burnaby North-Seymour

ELECTION 2015 For the next two weeks, Metro will look at ridings across the Lower Mainland to find out what candidates say are the biggest election issues and why people should vote for them.

ON THE RECORD
Metro asks the candidates

Carol Baird Ellan — NDP

CONTRIBUTED

What is the most important issue facing your riding?
Everyday affordability: stable jobs, affordable housing, quality health care, education, child care and elder care.

Why should people vote for you?
As a former chief judge and mother of five, I know through experience that better social programs reduce crime and promote health and productivity. An NDP government will restore health funding, including mental health programs for young people and home care for the elderly.

We will create stable jobs with a lower small business tax rate and incentives for manufacturing and innovation. We will roll out a national housing strategy, stable funding for transit and infrastructure and national child care at no more than $15 a day.

And we will grow the economy while protecting the environment with a sustainable energy plan and credible environmental review processes.

Lynne Quarmby — Green

CONTRIBUTED

What is the most important issue facing your riding?
The people of Burnaby North-Seymour are facing the same bread-and-butter issues as their fellow Canadians. They want an affordable place to live, to be able to provide a good education for their children and security and dignity as they enter their golden years.

They also want a clean, safe environment in which to live and raise their children. In Burnaby North-Seymour this means stopping the Kinder Morgan pipeline and the tank farm expansion.

Why should people vote for you?
I will work tirelessly for genuine action on climate change and social inequality. I will tackle these issues with compassion and my decisions will be based on the best evidence available.

Canada is a rich country and we must ensure that everyone has the opportunity to reach their full potential. Burnaby North-Seymour deserves a Member of Parliament who will listen to and work for them.

Mike Little — Conservative

CONTRIBUTED

What is the most important issue facing your riding?
The issue I hear the most about at the doorstep is the economy.

Canadians are worried about market instability impacting their savings and retirement. That's why we're ready with a plan that will grow the economy and create jobs without raising taxes or saddling future generations with increased debt. Now is not the time, as both opposition parties have suggested, to raise taxes on small business.

Why should people vote for you?
In this election, Canadians have a clear choice. When the NDP formed government in B.C. in the 1990s, British Columbia was dead last in job growth, 50,000 people left the province to find work, wages declined, taxes were increased 2 billion dollars and B.C. became a have-not province. If elected, I will fight to protect all that we have built and to ensure the federal government continues to invest in improving the quality of life in our community.

Terry Beech — Liberal

CONTRIBUTED

What is the most important issue facing your riding?
Burnaby North-Seymour has attracted a lot of attention for environmental issues surrounding the pipeline development, but in our conversations with residents on the doorsteps over the last 15 months, we have heard that the related issues of transportation and the economy also affect their daily lives.

Why should people vote for you?
I believe that hard work is the key to making progress, and I live that belief every day. I have been working hard to earn your vote for the last 15 months, and if you put your trust in me, I will always work hard to keep it. I live, work, and teach in this riding — it is the home I share with you, and I want to protect it.

ENVIRONMENT

Pipeline panel should have considered whales, lawyer says

A federal panel tasked with reviewing the Northern Gateway pipeline project failed to take into account the serious threat oil spills and increased tanker traffic pose to humpback whales, says an environmental lawyer.

ForestEthics Advocacy, Living Oceans Society, Raincoast Conservation Foundation and B.C. Nature are part of a Federal Court of Appeal challenge arguing the government erred in granting approval to Calgary-based Enbridge for the controversial $7-billion megaproject.

Barry Robinson, a lawyer for three of the four environmental groups, told the court in Vancouver on Monday that the review panel's failure to consider Canada's official recovery strategy for humpback whales negates the federal government's approval.

"The final humpback whale recovery strategy was added to the Species At Risk public registry on Oct. 21, 2013," said Robinson, which was two months before the panel issued its 209 recommendations.

As of that date, the Joint Review Panel — the independent body mandated by the National Energy Board to assess the environmental effects of the project — was required to take that document into consideration, he added.

> **They seem not to have understood that obligation.**
> Barry Robinson

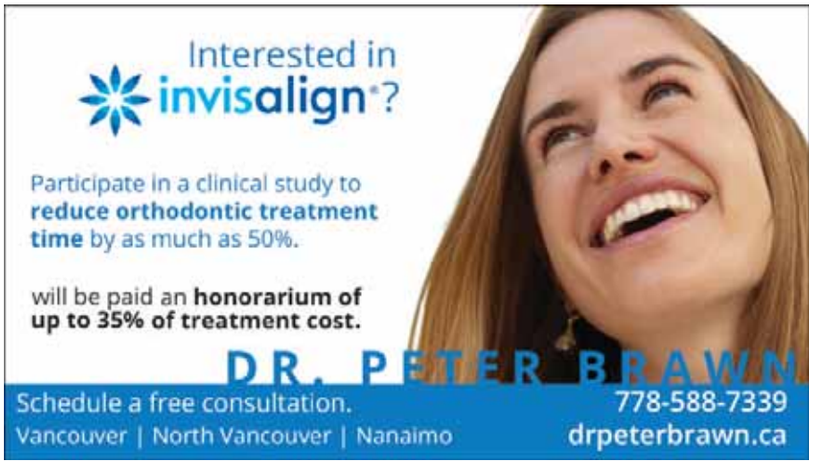
"They seem not to have understood that obligation," Robinson said, referring to panel members.

The federal government issued its approval in June 2014.

The proposed, 1,200-kilometre twin pipeline would carry bitumen between the Alberta oilsands to B.C.'s coast for export to foreign markets. Enbridge estimates the project would boost Canada's gross domestic product by $300 billion over 30 years.

The court is considering a total of 18 legal challenges from First Nations, environmental organizations and a labour union. The hearing is expected to conclude on Thursday.

THE CANADIAN PRESS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CLIMATE

Mayor invited to Washington

Vancouver's mayor is getting a higher profile as a climate crusader with an invitation to discuss the issue with U.S. Secretary of State John Kerry this week alongside a select handful of global city leaders.

Gregor Robertson was invited to attend the Our Cities, Our Climate initiative in Washington, D.C., to help advise Kerry in the lead up to the United Nations Climate Change Conference in Paris later this year.

Robertson's environmental advocacy — including his pledge to convert Vancouver to 100 per cent renewable energy — earned him an audience with Pope Francis earlier this year.

He encouraged the Catholic leader to ramp up pressure on national governments for more commitment to combat climate change.

Robertson attributed his emergence as a vocal campaigner and internationally recognized point person on climate action in part to a dearth of initiative at the federal level.

"When there's a void of leadership on climate change and the green economy with the Canadian government, it's necessary for mayors and business leaders and community leaders to step up and make sure that Canada is represented," Robertson said in an interview.

"It's important, when Canada is being tarnished on the world stage by battling against meaningful climate commitments, that we show leadership in our cities."

THE CANADIAN PRESS

READY TO ENGAGE

Metro's coast-to-coast daily election series connects young, urban Canadians to the issues they care about

Youth hold 'lot more power' to tip the scales

ROSEMARY WESTWOOD
in Halifax

Sasha Sears is in a dilemma.

Her riding, Halifax, features an NDP incumbent, Megan Leslie, who "has done a really great job of being super integrated into the community. They're about the people, that's how I feel about the NDP."

But nationally, it's Justin Trudeau who seems the most compelling, who's "young, he has a young family, he's talking about really progressive issues, like legalizing marijuana, that a younger demographic gets and understands and feels is relevant to our life nowadays."

Sears still views the NDP as tied to the interests of unions, which she says don't have much relevance to her life.

"The party hasn't really had an opportunity to prove themselves," she adds. "They're still finding their footing." And while the NDP is appealing to many young people, she's not sure if its young candidates have the experience to be successful if elected.

So, should Sears vote for a local candidate she likes, or an appealing federal platform?

So far, even though she's a traditional Liberal voter, she's unsure. But she won't be voting Conservative: "I just have no time for that party, whatsoever."

Sears, 30, works for a business development organization in Halifax. She helps young people build professional networks to find meaningful work, and so she has a front-row seat to watch university graduates try — and struggle — to get a good job.

"What are the parties planning on doing to help youth in particular?" she asks. "Youth unemployment rate is double the national average. The cost of post-secondary education is through the roof for Nova Scotia," she says. "Just being saddled with so much debt and not having the promise of a bright future is something I'm worried about, and my vote will reflect."

Sears also recently bought her first house, while still paying off student loans herself. So the Green Party's promise to relieve student debt is enticing. But there's a but.

"It sounds almost too good to be true," she says. "I'm a little skeptical. It's wonderful they want to do that and promote that as one of their platform promises, but when it comes down to action around it, what does that look like? How is that going to happen? How are universities going to function if there's no tuition?"

Sears hasn't felt inundated by political messaging ("As a millennial, I don't have cable in my home, I don't see the attack ads") — but she is concerned that her compatriots aren't getting the message that they need to vote.

"I think we're at a tipping point in our history based on our previous leader and the party in power, and what is to come," she says. "I just really feel this election holds great importance. I think we have a lot more power than people think we do. If we were to all go out and vote, it would really change the political landscape."

Rosemary Westwood is travelling across the country talking to young voters. She'll be in Winnipeg tomorrow.

VOTER PROFILE

Name: Sasha Sears **Age:** 30 **Riding:** Halifax
Her issues: Youth employment and tuition reform.

Mock election makes the abstract real for teenagers

Haley Ryan
Metro | Halifax

When Keshav Paliwal votes for a federal candidate next week, it won't count — and he couldn't be happier about it.

Paliwal, organizer of Prince Andrew High School's Student Vote event, one of more than 7,300 mock elections being held across Canada before the official count Oct. 19, said now is the time to get teens thinking about politics.

"I can't vote until January when I'm 18, but if we engage ourselves now and we engage our peers before they can vote, chances are, over time, once they can … they will," Paliwal, 17, said Monday.

As part of the Student Vote program run by the non-partisan Civix group, the Dartmouth, N.S., school will see all four federal candidates in its riding pitch their platforms to students before taking questions. Also appearing: provincial MLAs, Halifax Mayor Mike Savage — and musician Joel Plaskett, for extra attention.

Students will then drop ballots off in a mock vote, the results of which are often "very close" to election day, said political-science teacher Tim Halman.

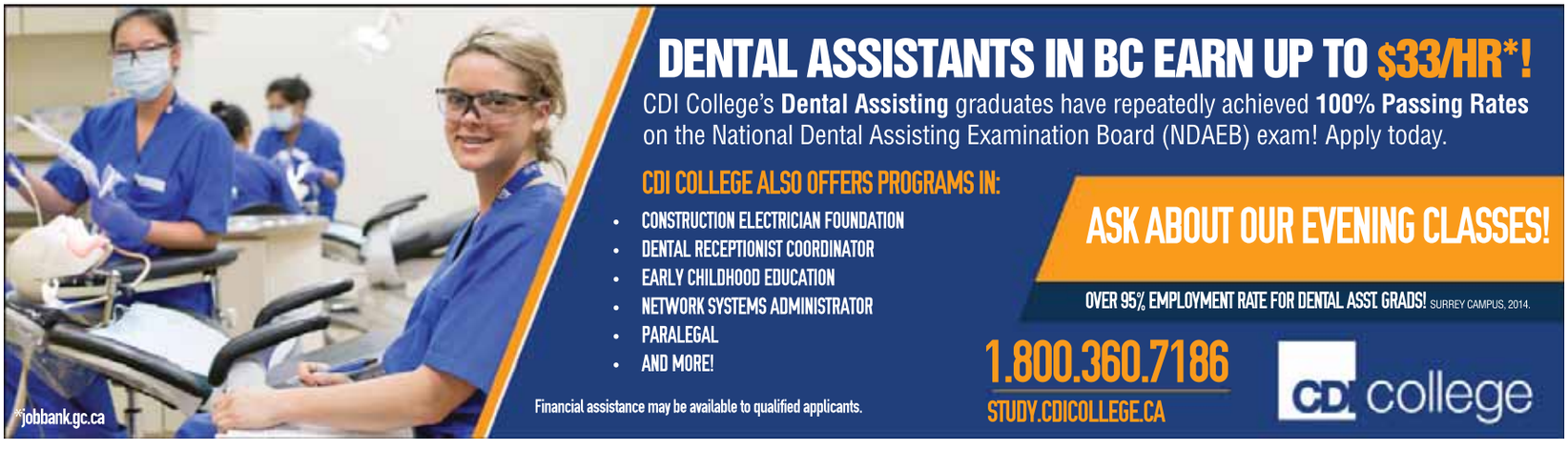
"For many people, politics is something that happens on television and it's something that's abstract," Halman said.

"It's going to go from the abstract to the real."

According to Elections Canada, only 39 per cent of the 18- to 24-year-old demographic voted in the last election, and the National Youth Survey Report showed "not interested in voting" came in as the biggest reason (28 per cent).

The survey said the likelihood of voting "increases with higher levels of knowledge and interest in politics," and civic education, as well as talking with family and friends, can increase "the motivation to vote."

"If you don't understand something, you're not going to interact with it; you tend to ignore it," Halman said.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‘Historic day’ for Harper

ELECTION 2015

TPP trade deal announcement evokes scrutiny from opposition

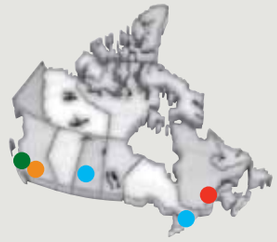
Stephen Harper’s blockbuster trade deal upstaged Justin Trudeau’s students and the stage and screen stars backstopping Tom Mulcair on Monday as the three main parties began their two-week sprint to the ballot box.

Mulcair, the NDP leader, had a stage full of television, music and film personalities — it even included a performance by the folk duo Whitehorse — all lined up for his announcement about helping artists.

Trudeau was all set to unveil a high-gloss campaign platform, a popular Liberal strategy, in front of a crowd of earnest university students eager to cheer his plan of expanded grants and easier loan repayment terms.

But the Pacific Rim depth charge known as the Trans-Pacific Partnership blew them both out of the water.

WHERE THE LEADERS ARE TUESDAY



- **Stephen Harper** will be in Whitby, Ont., and Saskatoon, Sask.
- **Justin Trudeau** will be in Montreal.
- **Tom Mulcair** will be in Surrey, B.C.
- **Elizabeth May** will be in Vancouver.

“Today is a historic day,” a prime ministerial Harper beamed during a news conference in Ottawa as he described the deal as nothing short of “the largest economic partnership in the history of the world.”

Not everyone is enamoured of the deal: Held up by Harper as a model for future 21st-century trade agreements, Mulcair is committed to tearing it to pieces.

“I will not be bound by Stephen Harper’s secret deals,” he said.

A New Democrat government would provide $60 million over four years to Telefilm Canada and the National Film Board, and loosen rules to secure grants from the Canada Council for the Arts, Mulcair promised instead.

Trudeau, unveiling the Liberal platform at Wilfrid Laurier University in Waterloo, Ont., parked his vote on the TPP until all the details are clear.

The federal government has offered no guarantees but expressed optimism the 12 countries involved might make it available before voting day in two weeks. THE CANADIAN PRESS

SEE PAGE 10 FOR MORE ON THE DEAL

Conservative Leader Stephen Harper upstaged the other party leaders on Monday with what he claims to be “the largest economic partnership in the history of the world.”

NATHAN DENETTE/THE CANADIAN PRESS

NIQAB RULING

Feds lose appeal for stay

A new court ruling means a devout Muslim woman who chooses to cover her face now has a chance to become a Canadian and vote in the Oct. 19 federal election.

The Federal Court of Appeal on Monday rejected a government request to put a recent decision in favour of Zunera Ishaq on hold while Ottawa seeks a hearing in the Supreme Court of Canada.

Appeal Justice Johanne Trudel dismissed the government’s application for a stay of a Sept. 15 decision that affirmed the unlawfulness of a federal rule prohibiting a niqab at a citizenship ceremony.

Ishaq, 29, came to Ontario from Pakistan in 2008. She refused to take part in a citizenship ceremony because she would have to show her face due to a December 2011 policy requiring candidates who wear full or partial face coverings to remove them during recitation of the oath. THE CANADIAN PRESS

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Jan Andersson, Juleen Zierath and Hans Forssberg of the Karolinska Institute Nobel committee, talk to media in Stockholm on Monday. FREDRIK SANDBERG/TT VIA THE ASSOCIATED PRESS

Scientists Nobel in their efforts

MEDICINE PRIZE

Three win for fight against parasite-borne illnesses

The Nobel prize in medicine went Monday to three scientists hailed as "heroes in the truest sense of the word" for saving millions of lives with the creation of the world's leading malaria-fighting drug and another that has nearly wiped out two devastating tropical diseases.

Tu Youyou — the first-ever Chinese medicine laureate — turned to ancient texts to produce artemesinin, a drug that is now the top treatment for malaria. Inspired by traditional Chinese medicine, Tu discovered while working on a project for the Chinese military during the Cultural Revolution that a compound from the wormwood plant was highly effective against the malaria parasite.

She will share the eight-million Swedish kronor (about $960,000 US) award with Japanese microbiologist Satoshi Omura and William Campbell, an Irish-born U.S. scientist.

Omura and Campbell created the drug avermectin, whose derivatives have nearly rid the planet of river blindness and lymphatic filarisis, diseases caused by parasitic worms and spread by mosquitos and flies.

In Stockholm, the Nobel committee said the winners, who are all in their 80s and made their breakthroughs in the 1970s and '80s, had given humankind powerful tools: "The consequences in terms of improved human health and reduced suffering are immeasurable."

The medicine award was the first Nobel Prize announced. Winners of the physics, chemistry and peace prizes are set to be announced later this week. The economics prize will be announced next Monday.

No date has been set yet for the literature prize.

THE ASSOCIATED PRESS

SPACE MISSIONS

NASA looks to navy for tips on living in long-term isolation

As NASA contemplates a manned voyage to Mars and the effects missions deeper into space could have on astronauts, it's tapping research from another outfit with experience sending people to the deep: the U.S. Navy submarine force.

The space agency is working with a military laboratory at the submarine base in Groton, Conn., to measure how teams cope with stress during month-long simulations of space flight. Often isolated for long stretches, astronauts and submariners face many of the same challenges.

"We have a shared interest with the Navy in team resilience," said Brandon Vessey, a scientist with NASA's human research program.

> **You can't just call back to Earth for advice.**
> Former submarine commander Ronald Steed

The Navy research that piqued NASA's interest started about five years ago when the Groton-based Naval Submarine Medical Research Laboratory, at the request of the submarine force, began examining ways to make tactical teams work together better.

Through observation of submarine crews, the Navy scientists developed a way to evaluate how teams are performing. The study singled out important team practices including dialogue, critical thinking and decision-making and developed a way to assess how teams respond to setbacks. The research was made available more than a year ago to submarines' commanding officers but it has not yet been institutionalized by the Navy.

The experiment with NASA is expected to begin in January or February. The space agency is taking a bigger interest in human-behaviour issues as it pursues the capability to send humans to an asteroid by 2025 and to Mars in the 2030s.

THE ASSOCIATED PRESS

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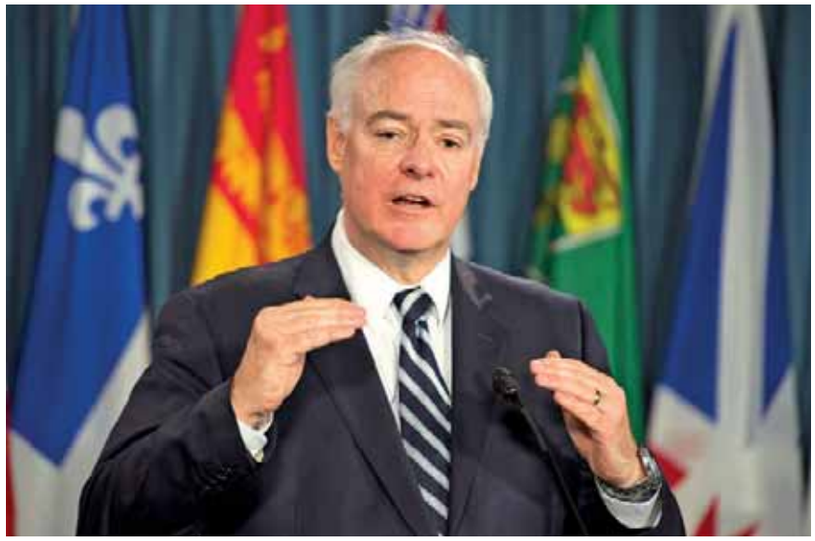
Biggest trade zone awaits

TRANS-PACIFIC PARTNERSHIP

Tentative deal reached after marathon negotiations

Twelve nations, including Canada, have reached a tentative deal on a massive Pacific Rim trading bloc billed as the largest-ever deal of its kind, with implications for a staggering scope of industries, workers and for long-term international relations between countries on four continents.

After five days of marathon, around-the-clock negotiations, a deal was announced Monday to create the Trans-Pacific Partnership, and participants predicted it would become the building block for future trade deals.



Perrin Beatty, president and CEO of the Canadian Chamber of Commerce, speaks about the Pacific Rim trading bloc pact at a news conference in Ottawa. ADRIAN WYLD/THE CANADIAN PRESS

Who's in it? Brunei, Chile, New Zealand and Singapore started the project years ago. The United States, Canada, Mexico, Japan, Vietnam, Australia, Peru and Malaysia are now joining, bringing the membership to 12 countries. More have expressed interest in entering later, including Colombia, Thailand and South Korea.

How big is it? It's the biggest trade zone in the world, spanning four continents and representing 40 per cent of the world's economy — a far higher share than the European Union.

What does it do? It reduces or eliminates barriers on a staggering array of Canadian exports to several countries, most notably Japan. This applies to everything from machines to canola, beef and pork, minerals, forestry products and seafood. It allows up to 3.25 per cent more foreign dairy into Canada. It allows more foreign car parts into North America without tariffs. It also creates new rules for the digital economy, such as restricting governments' right to shut off data flows.

Why does it matter? This brings the economies of a fast-developing region into the American sphere of influence. It sets new trade standards in China's backyard. It sets precedents for future agreements, including any involving China and its state-owned-enterprises. It increases trade and establishes unique rules for the 21st-century, cloud-computing digital economy.

Is it a done deal? No. It still needs to be ratified in national parliaments, including Canada's, once the federal election is over.

A vote is expected early next year in the U.S. Congress, and it could prove difficult.

THE CANADIAN PRESS

IN BRIEF

American Apparel files for bankruptcy protection

American Apparel is filing for Chapter 11 bankruptcy protection, almost two years after it ousted founder Dov Charney, who is locked in a legal fight and sued the company for defamation. THE ASSOCIATED PRESS

Greece likely to get more bailout cash: Official

Jeroen Dijsselbloem, the eurozone's top official, says he expects the Greek government to get 2 billion euros worth of bailout cash by the middle of October. THE ASSOCIATED PRESS

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Wildlife like deer and boar in the no-go zone near Chernobyl are doing better now than before the 1986 disaster. Agriculture, hunting and forestry, researchers say, are worse for animals than radiation.

EMMA TEITEL: ON ELECTION TALK AT THE TABLE

Perhaps Canadians are more inclined to talk politics where they normally wouldn't ... because it's suddenly dawned on them that the only constant in their lives besides bad weather is Stephen Harper.

Elite Singles — a dating website that sounds like it was designed specifically for Stephen Harper's top staffers — recently tried to determine whether it's taboo to discuss politics on a first date.

In order to do this, the website conducted a survey of 500 single people of different nationalities from around the world. The result was 65 per cent said they'd "be happy to discuss politics on a first date." But more than any other nationality surveyed, Canadians were the least resistant to the idea. According to the study, "not one Canadian single thought political chat should be off the table" on a first date.

This result is refreshing for two reasons. The first is that it helps dispel the popular myth that we are a rigidly non-confrontational people; Canadians might be unfailingly polite, but politeness does not equal timidity in the face of conflict. The second is that it might suggest our nation's bent towards political apathy — especially among youth — is changing. And it's about time it did.

The Conservatives have been in office for nine years, which, no matter a government's political leaning or record, is an uncomfortably long time. Harper won his first term in 2006, the year Hannah Montana began airing on the Disney Channel, and he won again, most recently, in 2011, the year Hannah Montana was cancelled (its leading lady, Miley Cyrus, having embarked on a perilous quest to find herself). In other words, our prime minister has been around so long, he has served through every stage of Cyrus' metamorphosis, from Disney princess to briefly engaged romcom actress to (most recently) gyrating dreadlocked weirdo.

Canadians might be unfailingly polite, but politeness does not equal timidity in the face of conflict.

CHANGING TUNE The mood is different this election, and engagement is greater — for proof, look no further than the rise in earnest protest songs by bands like Hey Rosetta!, which people seem to be taking seriously, writes Emma Teitel.

ARTHUR MOLA /THE ASSOCIATED PRESS

Perhaps Canadians are more inclined to talk politics where they normally wouldn't, not because they're more civic-minded than other nationalities but because it has suddenly dawned on them that the only constant in their lives besides bad weather is Stephen Harper. It's unnerving when the world around you changes but the guy in charge doesn't.

Harper was never popular with non-Conservatives or young people, who tend to reject conservative values no matter who is spouting them. But he wasn't always markedly hated the way he is now. Anecdotally, I have seen my Facebook newsfeed go from a mostly apolitical forum — cat videos, party invitations, recaps of Breaking Bad — to a stridently partisan and dogmatic one. Friends I know who couldn't tell the difference between Michael Ignatieff and Jack Layton in 2011 are now posting daily tributes to Thomas Mulcair in the lead-up to the federal election.

The mood is different this time around, and there is no stronger proof, I would argue, of newfound Canadian political fervour than the recent uptick in painfully earnest protest songs. In September, Canadian country-rock band Blue Rodeo released Stealin' All My Dreams, a staunchly anti-Harper song about, among other things, the government's record on the environment: "Your pipeline will spill its disease/you shut down all the research libraries/and you muzzled all the white coats in your laboratories/then you set your sites on the CBC." And this week Canadian indie bands Hey Rosetta! and Yukon Blonde released the considerably more mellow anti-Harper ditty, Land You Love: "When I was a child/I sang the anthem with pride/it stood for justice, peace and human rights/ It stood for the holy rolling hills and a home for all walks of life/and I must again, for my children, and theirs."

As far as traditional protest songs go, neither one is The Times They Are A-Changin,' but the songs' popularity (both of them trended on social media alongside news about Selena Gomez, NFL football and Kim Kardashian) indicates they weren't composed in vain. Nor were they the subject of widespread mockery and derision, as so many things are these days.

It seems in addition to politics at the first-date dinner table, we might have developed an appetite for political earnestness, too. The question is: have we developed an appetite for voting? In 2011, less than 40 per cent of eligible 18- to 24-year-olds voted in the federal election, a pretty dismal turnout, even compared to the unexceptional overall average of 61 percent.

So while we may talk — or sing — up a storm over dinner, the word is still out on who will be serving in the prime minister's office during the next unsettling phase of Miley Cyrus' inevitable metamorphosis.

Emma Teitel is a national columnist for the Toronto Star. She has been a front-of-the-book columnist for Maclean's magazine for the past four years, focusing on a wide range of subjects including women's issues and popular culture. She won the National Magazine Awards gold award for columns in 2013.

metroview

You can work, pay taxes and drive a car at 16. Why not vote?

Miriam Porter
For Metro

Elections Canada is sorry they missed me. I came home to a brochure in my door saying that as a Canadian citizen at least 18 years old on election day, I am eligible to vote.

But my son, reading over my shoulder, asks longingly, "Can I vote yet?" He often tells me who he would vote (and not vote) for and why, based on issues we discuss. He's passionate and he knows his stuff. He's nine.

Democracy is a government by the people. Does this mean you are only a person if you are over 18? There are children in Canada who would love to be heard and cast a ballot on Oct. 19. Some even know more about the election and the candidates than adults. But if you are under 18, your voice doesn't count. This should change.

No, I am not suggesting toddlers holding sippy cups mark their ballots on election day with bright chunky crayons. Let's take baby steps and start by lowering the voting age to 16.

In our home and native land, if you are 16 you can drive a car. Driving is a huge responsibility that requires patience, confidence, intelligence, skill, studying and preparation. Sixteen-year-olds get behind the wheel of 4,000 pounds of metal to drive on our city streets. We are next to them daily as pedestrians and drivers and we trust their judgments. Yet they can't decide who will be prime minister.

Some children know more about the election and candidates than adults.

Know what else you can do at 16? You can work at a job for money and pay taxes to the government.

What? You mean these working kids are paying into the very institution they do not have a say in? Does that sound right to you? When I was 12, I worked at a library and paid taxes. But my voice didn't count for another six years.

By not listening, and not taking them seriously, adults in power are oppressing children. Children under 18 are told they must follow certain rules. They are told what to do, how to do it and when it should be done. The education system is a perfect example of this.

But children have a voice too, and you may be surprised at what they have to say. We as adults can be their allies and listen to them.

There are issues in this upcoming election that affect all citizens, not just those over 18. Perhaps it's time to consider what young people want, especially in matters that directly affect their lives. Then we will have a more democratic society.

Miriam Porter is a Toronto-based writer who covers travel, parenting and social justice. She tweets at @MiriamRiverP.

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BOOKS

Father learns from son that expectations can do harm

Dean Lisk
Metro | Canada

It wasn't so much a wedge that drove Kevin Newman and his son, Alex, further apart. It was a basketball hoop. Set in concrete in the backyard of their New Jersey home, it became a permanent symbol of how alienated they had become in their relationship.

"To me, it was making sure that the annoying thing that happens with basketball hoops — that wobble — wasn't a problem," remembers the former Global News anchorman.

"But the cement became an allegory to Alex."

Misinterpretations are at the heart of All Out, a new book co-authored by the Newmans about their troubled father-son relationship and how they became closer because of their differences.

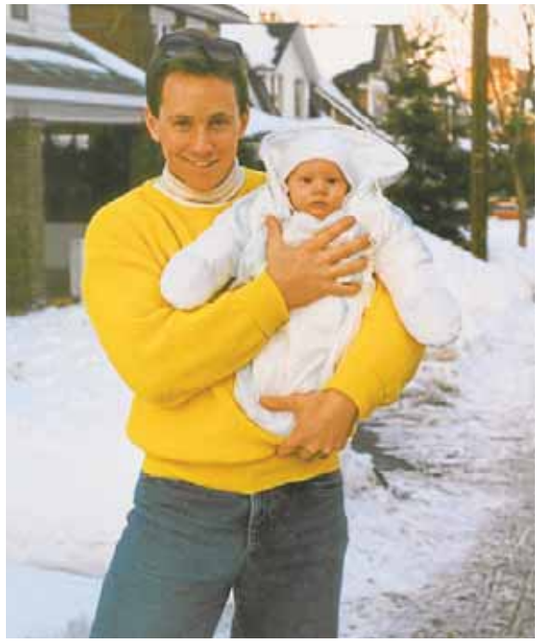
It chronicles the rise of Kevin's news career in Canada and the U.S. while trying to be one of those emotionally present '90s dads. It also tells the story of Alex, now a successful art director in Toronto, but who, as a teen, struggled in isolation with his sexuality while manoeuvring the bullies at school and the expectations of his father at home.

"Fathers and sons are extremely complicated, but they don't really open up about it," said Alex.

"Every relationship is a little bit different, but I think when people read the book they're going to put themselves in our shoes and allow themselves to understand the complexity of that relationship. Because, until now, we haven't come across something that talks about the complexity of this."

It was their editor at Random House Canada, Kate Fillion, who suggested both men write their chapters in isolation to prevent them from influencing each other's memories.

She kept an eye on the storyline, making sure both their recollections intersected, but it wasn't until the book was finished that Alex and Kevin read what the other had written.



Top left: Kevin holding his newborn son Alex circa 1987 in Ottawa. Bottom: Kevin and Alex at the 1998 shuttle launch at Cape Canaveral. Right: father and son today. FAMILY PHOTOS CONTRIBUTED; CURRENT PHOTO OF THE NEWMANS BY LIZ BEDDALL

> **I would attempt these things as a kid and fall apart... (Alex) knew himself better at his age than I did when I was his age.**
> Kevin Newman

"My parents were learning things. I was learning things. It was quite emotional," said Alex. He recorded on his phone the moment his parents first read his chapters.

Kevin describes it as a "stunned" moment, when he and his wife Cathy realized the degree of emotional suffering their son experienced. He was being bullied at school and felt isolated, without ever telling his parents.

"There was stuff that happened that we had no idea about," said Kevin.

The book is revealing in other ways. Both men are very much alike. Both grew up around strong female role models, having a preference for the arts instead of sports, and were teased at school for it. Both were also going through an identity crisis at exactly the same time.

The co-host of Good Morning America, Kevin was told he needed to seem more masculine, more likable. He was told his hair needed to be a certain way, his eyelashes were dyed so they would pop beneath his glasses and he was sent to a personal trainer.

He was billed as the "quarterback," tasked with leading the Good Morning America team to first place in the morning news business.

"Network television news tries to push you into conformity and question who you are, and almost tries to create a plastic persona that is recognizable to focus groups, but runs the danger of being unrecognizable to yourself."

At home, the elder Newman was also placing pressure on his son to change his image — and perhaps become someone less a target for bullies. He bought him Sum 41, Dave Matthews Band and Creed CDs to influence his taste in music, took him on father-son bonding trips and installed that basketball net.

"You went through those struggles as a young person and tried to stop me from going through those same situations," Alex said to his dad during our interview. "At the same time, I was stubborn and wanted to alienate myself from those situations."

"He was always a puzzle to me," answered Kevin. "I would attempt these things as a kid and fall apart and beat myself up and hate myself that I wasn't who my father wanted me to be.

"That was not Alex's case. Alex was, 'No, I am fine not being this and back off.' It just turned out he knew himself better at his age than I did when I was his age."

The key to developing a strong and healthy father-son relationship, Kevin said, is to realize your son is also a man.

"When they reach the age of emotional vulnerability, stop trying to be their hero. I think if Alex had known me better — the whole me better — we might not have been through a period of testing for as long as it lasted."

REAL MEN

Masculinity exists on a spectrum

A large theme in All Out is the concept of masculinity and what makes a man a man. Alex writes that as a child he was confused about his own sexuality because the only definition he had for being gay was the effeminate stereotype he saw in popular culture.

"Growing up I didn't have that model to understand masculinity has a range," he said. "Gay people aren't all one certain way or another. That it really is a spectrum. I don't think many kids can understand the complexity of that, and even some adults struggle with it."

"It was the same for me," said Kevin. "When I was in high school I wasn't on the football team, I was on student council. I was a victim of the name-calling that goes on in high school among boys. But the great revelation to me about masculinity is that it has nothing to do with sexuality. That you can be a man's man regardless of sexuality."

You're at a place called vertigo

MOVIES

Here's how to avoid nausea during films like The Walk

Eva Kis
Metro | New York

People are reporting dizziness and nausea after watching scenes from Joseph Gordon-Levitt's new film The Walk. CONTRIBUTED

One of this month's best new movies is also making people sick. The Walk, about French daredevil Philippe Petit's high-wire crossing between the World Trade Center towers in 1974, is proving too intense for some moviegoers.

After a festival screening in New York, men were throwing up in the theatre's bathroom. Another patron, Percival Arguero-Mendoza, told the New York Post, "It felt very real. I felt a knot in my stomach. It's like my head was reeling but I was not dizzy."

There are several reasons that people could be getting sick.

Vertigo is a medical condition that describes a deficiency in the body's motion-sensing system that sends mixed or insufficient signals to the brain, causing dizziness and nausea.

The shots panning up the towers as well as looking down as Joseph Gordon-Levitt walks the wire can trigger the same mismatch in what the eyes see but the body doesn't feel, as happens in motion sickness.

Fear of heights and falling can trigger similar symptoms as well; seeing the film in 3D adds another complication because the eyes' natural focal point is tricked to create the visual effects.

Instead of skipping the movie, try these tips to cope with it:

• Like dancers who have to spin around, it helps to pick a point and focus on it. If you're feeling dizzy, look away from the screen toward an exit sign or the back of another person's head.

• Pick a seat toward the middle or back of the theatre. Having the screen directly in front of you instead of looking up is more comfortable for your eyes.

• If you feel unwell, don't take off your 3D glasses. It'll just confuse your eyes further. Instead, close your eyes and focus on your breath to calm down.

• Get your eyes checked — vision problems like uneven eyesight and astigmatism can make you more likely to get headaches and feel sick during 3D movies.

> **It felt very real. I felt a knot in my stomach**
> The Walk viewer Percival Arguero-Mendoza

BOOK BRIEFS

Giller Prize finalists revealed

The Scotiabank Giller Prize's decision to expand its jury to five members from the usual three was heralded on Monday after an "eclectic and vibrant" short list of five finalists emerged.

"It feels like the Giller has been becoming a little bit more staid and centre-field over the years, whereas this particular jury and this particular long list was really interesting," said Toronto author Andre Alexis, who made the short list for Fifteen Dogs (Coach House Books). Other finalists for the $100,000 prize for fiction include Montreal's Heather O'Neill for the story collection Daydreams of Angels (HarperCollins Publishers Ltd.) and Vancouver-based Anakana Schofield for Martin John (A John Metcalf Book, an imprint of Biblioasis). The list is rounded out by Montreal's Samuel Archibald for the story collection Arvida, translated by Donald Winkler (Biblioasis), and London-based Rachel Cusk for Outline (Harper Perennial, an imprint of HarperCollins Publishers Ltd). THE CANADIAN PRESS

RESEARCH

Tall men have more sex

Men of average to tall stature have one to three times more sexual partners than smaller men, according to an American study that also found weight to be a factor.

Researchers at Chapman University in California studied whether or not height and body mass index played a role in the number of sexual partners men and women had during the course of their lives.

In a study of 60,058 heterosexual volunteers, of which 52 per cent were male and 48 per cent female and average age was 37, the researchers took into account criteria for height, education level, age and BMI as key indicators in the personal sexual history of each participant.

The results, published Sept. 30 in the journal of Evolutionary Psychology, indicated that participants aged 30 to 44 had, on average, eight partners since being sexually active. Of the participants, 58 per cent of men and 56 per cent of women indicated having had more than five whereas 29 per cent of men and 23 per cent of women indicated having more than 14 partners.

Shorter men reported a minimum of five sexual partners. In contrast, medium-height to tall men declared one to three times more partners than their shorter counterparts.

Shorter men have fewer sex partners than average height and tall men, according to a recent study. ISTOCK

"These findings confirm that height is relevant on the mating market," said David Frederick, lead author on the study.

Despite this, the researcher has no clear scientific explanation to explain the link, if not for the observation that women are often attracted to men who are relatively taller than they are. AFP

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Brain freeze: A second life in the future?

MORTALITY

Advocates say cryonics may one day deliver life after death

When it comes to death, there's traditionally been two forms of eternal rest: going into a coffin or ending up as ashes inside an urn.

But some are embracing a third way — having their body or brain frozen in liquid nitrogen in the hope of some day being brought back to life, with memories, personality and sense of self intact.

"I believe that my identity is stored inside my physical brain," says Carrie Wong, president of the Lifespan Society of British Columbia, an advocacy group that works to promote and protect access to cryonic preservation.

"So if I can somehow preserve that, maybe at a future time technology and medical science will advance to such a point that it may be possible to repair the damage of freezing me in the first place and also what killed me back then," says the 27-year-old, who concedes such a feat could be hundreds of years in the future.

"It's not possible now, but nobody can really argue it's not possible in the future because that's arguing about what future technology is capable of."

The notion that a person could be frozen and later be "re-animated" was initially posited in the 1964 book The Prospect of Immortality by American physics teacher and sci-fi writer Robert Ettinger.

The first person to be cryonically preserved was Dr. James Bedford, a 73-year-old California psychology professor, whose body was suspended in liquid nitrogen in 1967 at Alcor Life Extension Foundation in Scottsdale, Ariz.

Alcor's most famous "patient," as they're called, is Red Sox baseball legend Ted Williams, whose head was detached from his body and cryopreserved after the slugger's death at 83 in 2002.

After a person is declared legally dead, the body is cooled in an ice bath and hooked up to a machine to artificially restore blood circulation and breathing, and infused with blood thinners and other medications to protect the brain from lack of oxygen.

Blood and other fluids are later drained from the body and replaced with a cocktail of cryoprotectant chemicals. These antifreeze-like agents are intended to prevent the formation of damaging ice crystals in cells, in a process known as vitrification.

The body is then further cooled before being suspended in a tank of liquid nitrogen at a bone-chilling -196 C.

The Cryonics Institute, a non-profit organization founded in 1976 by Ettinger, operates a preservation facility near Detroit, where about 100 pets and 135 humans are suspended in tanks called cryostats.

"The actual cryostats are just giant Thermos bottles with liquid nitrogen — there's no electricity to fail," says president Dennis Kowalski, a 47-year-old Milwaukee firefighter and paramedic who became interested in cryonics in his 20s after reading K. Eric Drexler's 1986 book The Engines of Creation, about the coming era of nanotechnology.

About 1,250 people, including a number of Canadians, are signed up for CI's service. Membership costs $28,000 US, which is typically paid for through life-insurance policies.

While acknowledging that he and others who intend to be frozen are often "looked at as a bunch of kooks," Kowalski views cryonics as being like a clinical experiment — and one that beats the alternative.

"I'll be the first to admit it may not work. And everyone who's signed up should understand cryonics may not work and there are no guarantees," he said.

"We place emphasis on the importance of the brain because even under today's crude technology, you probably could clone a human being and replace every single part," suggests Kowalski.

"But one thing you can't replace is your mind — which is you — and your mind is somehow encoded in that brain, and that's what we hope to principally save." THE CANADIAN PRESS

About 100 pets and 135 humans are suspended in tanks at the Cryonics Institute, pictured, which operates a preservation facility near Detroit. THE CANADIAN PRESS/ HO-CRYONICS INSTITUTE

> **It's not possible now, but nobody can really argue it's not possible in the future.**
> Carrie Wong, president of the Lifespan Society of British Columbia

CRYO-FACTS

Cryonics is the process of freezing the body after death in the hope that scientific advances will allow a person to be "re-animated" in the future:

- **How it's done:** After a person is declared legally dead, the body is cooled in an ice bath and hooked up to a machine, known as a "thumper," to artificially restore blood circulation and breathing to protect the brain from lack of oxygen. Blood and other fluids are subsequently drained and replaced with antifreeze-like agents. The body is then suspended in a tank of liquid nitrogen at -196 degrees C.
- **Who does it:** There are two major non-profit cryopreservation facilities in the U.S. that Canadians can join: the Cryonics Institute facility near Detroit, and the Alcor Life Extension Foundation in Scottsdale, Ariz. The latter has cryopreserved has more than 1,000 members signed up for its after-death service.
- **How much it costs:** The Alcor Life Extension Foundation will preserve the head and brain for $80,000 US. Whole-body preservation costs $200,000 US.
- **Where the science is:** It's not clear if current cryo techniques will allow a person to be brought back to life. Even cryonicists admit it could take many decades to master, if not hundreds of years, if it is possible at all. THE CANADIAN PRESS

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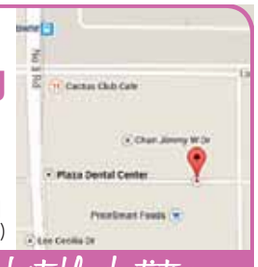

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Addicted to exercise

MENTAL HEALTH

Extreme workouts may signal bigger problems

Jenn Hicks at the height of her exercise addiction, and today, teaching Nia dance. CONTRIBUTED/ VINCE TALOTTA/TORSTAR NEWS SERVICE

Jenn Hicks was lying to her husband.

It would happen fairly often: Hicks would wake up in the middle of the night and tell Paul she couldn't sleep, that she needed to read for a while at an all-night coffee shop near the couple's home.

Then she'd slip away into the night.

But Hicks wasn't going to a coffee shop or having an affair. Instead, the Toronto speech-language pathologist was feeding her constant craving for exercise.

Running. Cycling. Weightlifting. Anything, Hicks says, to satisfy her growing addiction.

"I would do it in the middle of the night," says Hicks, now 42. "Definitely before work, at lunch, after work, and it would be the entire evening."

Back in 2003, Hicks first developed an addiction to exercise — a compulsion that, while not a formal clinical diagnosis, is definitely recognized by members of the medical community. It can happen on its own, or alongside an eating disorder or mental illness, experts say.

For Hicks, there was no clear trigger. She was 30 at the time and had been working in speech-language pathology for five years.

But she was dealing with anxiety, she says, and began exercising more often — which caused her to lose weight "magically."

"It was positive reinforcement that I should just continue, until it got to the point where I wasn't thinking realistically," Hicks says.

Over the next few years, Hicks joined numerous sports teams and started dragonboating. She'd tell Paul she was doing laundry in the basement — and would be doing ab exercises instead. If friends wanted to get together, she'd insist on exercising with them. While pushing her 5'5" frame to its limits, Hicks also wasn't eating properly — she'd been diagnosed with anorexia in 2003 — and eventually dropped to less than 100 pounds.

Other health impacts started to creep up, too. Hicks' doctor sent her for echocardiograms — sonograms of her heart — because it wasn't functioning properly. At the same time, she recalls her electrolytes and liver enzymes being "out of whack."

Hicks resolved to get better. She'd been seeing her family doctor and a therapist the whole time — and attending support groups at Sheena's Place, an eating disorders centre in Toronto — but says it was something she had to overcome on her own.

So, at the end of the year, Hicks sold her car and travelled to India. Paul came with her for four weeks, then she stayed for another month on her own — a much-needed escape.

When she returned to Toronto, Hicks was finally diagnosed with bipolar disorder. She also began training as a dance teacher in the Nia style, which focuses on sensing and respecting your body. At first, Hicks says it was a covert way for her to maintain her addiction in a seemingly healthy way.

"The universe had something else in store for me," she adds. "I guess I had to practise what I was preaching." TORSTAR NEWS SERVICE

WARNING SIGNS

Answer true or false on whether the following are signs of fitness addiction:

Body weight drops below what's considered healthy for fitness level.
True. Everyone's calorie baseline differs, but if you're not consuming enough or if you're over-exercising, your body starts to break down muscle.

Someone can't stop exercising, even after injury.
True. Whether it's a formal diagnosis or just a pulled muscle at home, continuing to exercise in the face of an injury isn't healthy.

Someone training heavily for an upcoming marathon or competition.
False. Experts say exercise addiction typically doesn't apply to people training for sporting events, like marathons or the Olympics.

Someone is skipping work or social events to exercise.
True. People with exercise addiction often put fitness above family, friends and their career — to the point of missing obligations.

Someone is being open and honest about their exercise plans.
False. The real red flag, according to experts, is when people are lying to family and friends about how much they're exercising.

RICK MERCER REPORT
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Prunes for a plum gut

CANCER PREVENTION

Dried plums may help lower risk of colon cancer: Study

A diet rich in dried plums could reduce the risk of colon cancer according to a recent American study presented in Boston during the 2015 Experimental Biology conference. The fruit promotes the retention of beneficial bacteria for the colon.

Researchers from the Texas A&M University and the University of North Carolina based their study on preexisting research that demonstrated how one's diet can modify the metabolism and the microbiota composition of the colon (the bacteria present throughout the colon and digestive tract). According to Dr. Nancy Turner, among the trillions of gastro-intestinal bacteria present in the digestive tract, over 400 individual species have already been identified.

Previous studies have shown that disruptions to the microbiota are involved in the beginnings of intestinal inflammation as well as recurring inflammatory bouts that can lead to the development of colon cancer.

"Our research explored the potential cancer-protective properties of dried plums using a well-established rat model of colon cancer," explains Dr. Turner.

The experiment tested the hypothesis that the consumption of dried plums would promote retention of beneficial microbiota and patterns of microbial metabolism throughout the colon. Researchers fed the rats either a diet that included dried plums or a control diet. Upon examination of the rats, the researchers found that a diet of dried plums had increased the quantity of Bacteroidetes and reduced the amount of Firmicutes, two major kinds of intestinal bacteria found in the distal colon. The researchers noted that rats that had consumed dried plums also presented significantly reduced numbers of aberrant crypts, generally observed in precancerous lesions. AFP

Rose Reisman EAT THIS

You know you're going to eat fast, so next time choose this not that

THIS WEEK: Chipotle

The well-known Mexican grill is changing the face of fast food. With a focus on better farming methods, its mission statement is "Food with Integrity." Chipotle uses a substantial amount of organic ingredients, serves more responsibly-raised meat than other restaurant chains and is now GMO-free. Still, ordering healthy meals can be a challenge. Many items are loaded with calories, fat and sodium. But you can have your Tex-Mex and eat it too! Look at these two different meals. What a difference a few ingredients can mean!

PICK THIS

Chicken bowl

Ingredients

Chicken, brown rice, black beans, fajita vegetables, tomato salsa and cheese

Calories 650
Fat 21 grams
Saturated fats 9 grams
Sodium 1335 milligrams

SKIP THIS

Steak burrito

Ingredients

Tortilla, steak, white rice, black beans, fajita vegetables, corn salsa, sour cream, cheese and guacamole

Calories 1365
Fat 63 grams
Saturated fats 19 grams
Sodium 2680 milligrams

HERE'S WHY

Almost as much sodium as three cans of Pringles!

If you go for the steak burrito, you're eating half your daily calories and all your saturated fat and sodium. The tortilla is the main culprit with 300 calories and 700 mg of sodium. By serving this in a bowl, and cutting out the sour cream and guacamole, you're saving half the calories and sodium and 40 gm of fat. **If you did this once a week for a year you'd lose 10 lbs!** Ole!

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The Cubs' Kris Bryant has the most popular jersey among big leaguers this season

Trio of rookies break camp with Canucks

NHL

McCann and Virtanen could still be sent back to juniors

Jared McCann and Jake Virtanen spent a nervous Sunday waiting to learn their immediate fate with the Vancouver Canucks.

"It was tough," said McCann. "We were sitting there watching the baseball game, sweating a little bit. It definitely wasn't an easy time."

Jake Virtanen GETTY IMAGES

The 19-year-old forwards could exhale, at least a little on Monday after being told they will be staying with the Canucks to start the season.

"Still trying to soak it in right now," said Virtanen. "It's pretty exciting."

Virtanen, the sixth overall pick in 2014, and McCann, who was taken 18 spots later, had strong performances in training camp and during the exhibition schedule with two goals and two assists each in six games.

Vancouver also decided to keep another rookie, 22-year-old defenceman Ben Hutton, with the big club ahead of Wednesday's opener in Calgary against the Flames.

Jared McCann celebrates a recent pre-season goal at Rogers Arena. DARRYL DYCK/THE CANADIAN PRESS

"You don't just get lucky," said Canucks head coach Willie Desjardins. "There's no luck. You get what you deserve ... those guys are ready, they're good players."

With veteran winger Chris Higgins out with a broken foot, 30-year-old Adam Cracknell also made the team, likely on the fourth line.

The Canucks still have a bit of wiggle room with Virtanen and McCann if things don't work out early in the season. Both are too young to play in the AHL and their only option is being returned to junior, but they won't have the first year of their entry-level contracts burned until each plays a 10th NHL game.

It's not something the team is focusing on, but the players are well aware they still have lots to prove.

"It's in the back of our minds," said Virtanen. "We still have to make this team and guys are pushing for jobs still."

Hutton, who could have been sent to the AHL without having to clear waivers, was a relative unknown coming into camp after a strong rookie tournament in mid-September. A fifth-round pick back in 2012 who played three years at the University of Maine, Hutton showed he belonged on a team that was looking to add some speed and creativity on defence.

"I had no idea I would be here at this point, I'm going to be completely honest," Hutton with a big grin. "But I am and I'm happy so I'm just going to keep rolling with it."

Canucks captain Henrik Sedin said he was glad to see players who deserved a spot stick with the club.

"You hear every year about guys coming in and getting a chance and everyone's fighting for the same job, but you never follow through on that," said Sedin, who is entering his 15th season. "They're really good people. They come in, they work hard, they don't expect to be given anything. They work for what they get. That's all you can ask for."

THE CANADIAN PRESS

ROSTER CUTS

To make room for McCann, Virtanen, Hutton and Cracknell, the Canucks placed forward Linden Vey and defencemen Frank Corrado and Alex Biega on waivers.

MLB PLAYOFFS

Blue Jays face decisions for 25-man ALDS roster

Infielder Munenori Kawasaki is among the players who are on the bubble to make the Blue Jays' 25-man roster for their series against the Rangers. ROB CARR/GETTY IMAGES

Since late July the Toronto Blue Jays have shown they can dominate regular-season baseball, going 43-18 down the stretch.

With the post-season here, it's on the management and coaching staff to construct a 25-man roster that they hope can win three games out of five in their American League Division Series, then four out of seven the rest of the way.

At least 21 spots are accounted for among the starting rotation, bullpen, lineup and key contributors off the bench.

Before Game 1 of the ALDS against the Texas Rangers, the Blue Jays have to finalize the last few and beyond that decide on their order of pitchers.

General manager Alex Anthopoulos said the Blue Jays would likely go with a seven-man bullpen, which, with a four-man rotation, gives them 14 hitters.

Assuming utility infielder Cliff Pennington makes it because of his versatility in the field and as a switch-hitter, that leaves two more spots for the likes of outfielders Ezequiel Carrera and Dalton Pompey, and infielders Munenori Kawasaki and Matt Hague.

In the bullpen, there are six locks: closer Roberto Osuna, right-handers Aaron Sanchez, LaTroy Hawkins, Mark Lowe and Liam Hendriks and left-hander Brett Cecil. The final job appears to be between righty Ryan Tepera and lefty Aaron Loup, though starter Drew Hutchison might have a chance as a long reliever.

Loup would give the Blue Jays a second lefty after Brett Cecil, which could be useful in certain situations late in games.

THE CANADIAN PRESS

IN BRIEF

Nationals fire Williams

Manager Matt Williams was fired by the Washington Nationals on Monday after a season in which the team went from World Series favourite to failing to make the playoffs.

Matt Williams GETTY IMAGES

The club announced the move a day after finishing the regular season barely above .500 at 83-79, second to the New York Mets in the NL East.

Williams is gone after only two seasons in his first job as a skipper in the majors. Last year, he was voted NL Manager of the Year after the Nationals finished with the best record in the league. In February, the Nationals exercised his 2016 contract option.

THE ASSOCIATED PRESS

Philbin out, Campbell in as head coach of Dolphins

Joe Philbin was fired Monday four games into his fourth season as coach of the Miami Dolphins, and one day after a flop on an international stage that helped to seal his fate.

Tight ends coach Dan Campbell, who has been with the Dolphins since 2010, was promoted to interim coach. He has no previous head coaching experience.

The Dolphins (1-3) lost their third game in a row and turned in their fourth consecutive lacklustre performance when they were beaten Sunday in London by the archrival New York Jets, 27-14.

THE ASSOCIATED PRESS

Seahawks stand up to Lions on goal-line

Kam Chancellor punched the ball free from Detroit wide receiver Calvin Johnson at the 1-yard line when it appeared the Lions were going to take the lead, and the Seattle Seahawks held on for a 13-10 win on Monday night. Russell Wilson was sacked six times and pulled numerous escape acts, but threw a TD pass to Doug Baldwin in the first half. THE ASSOCIATED PRESS

5 MLB PLAYOFF PLOT LINES TO WATCH

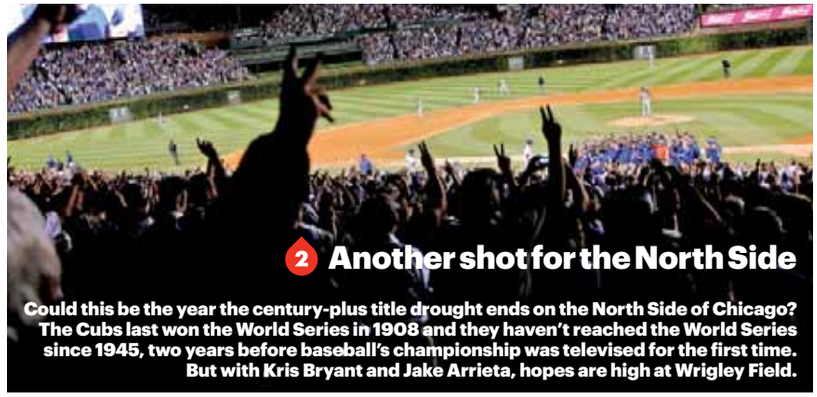
Big stars, familiar faces and top rookies fill the rosters of the 10 teams that reached the post-season. Here are some of the themes for October and beyond:

1 Still waitin' for clutch Clayton

Clayton Kershaw has been the game's best pitcher in recent regular seasons, but has struggled mightily thereafter.

The Dodgers ace is 1-5 with a 5.12 ERA in 11 career playoff appearances (three in relief). The three-time Cy Young winner faces the Mets in the NL Division Series, a team against whom he posted an 0.56 ERA in two starts this season.

Clayton Kershaw
GETTY IMAGES



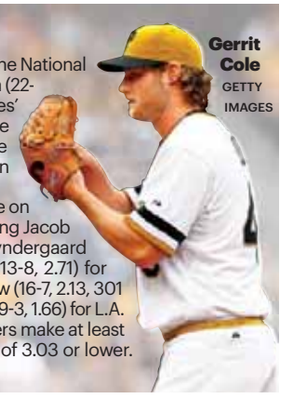
2 Another shot for the North Side

Could this be the year the century-plus title drought ends on the North Side of Chicago? The Cubs last won the World Series in 1908 and they haven't reached the World Series since 1945, two years before baseball's championship was televised for the first time. But with Kris Bryant and Jake Arrieta, hopes are high at Wrigley Field.

3 Stingy NL

Runs will be at a premium in the National League. The Cubs' Jake Arrieta (22-6, 1.77 ERA) will face the Pirates' Gerrit Cole (19-8, 2.60) in the wild-card game, one of the most anticipated matchups in recent history.

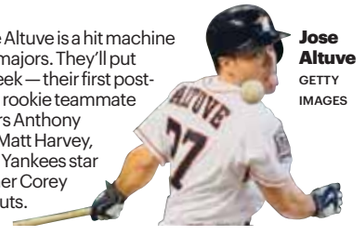
After that, the Mets will take on the Dodgers in a series featuring Jacob deGrom (14-8, 2.54), Noah Syndergaard (9-7, 3.24) and Matt Harvey (13-8, 2.71) for New York and Clayton Kershaw (16-7, 2.13, 301 strikeouts) and Zack Greinke (19-3, 1.66) for L.A. The Cardinals had four pitchers make at least 20 starts this year with ERA's of 3.03 or lower.



Gerrit Cole
GETTY IMAGES

4 New faces of fall

Jose Bautista is a home run champ, Jose Altuve is a hit machine and Jake Arrieta is the top winner in the majors. They'll put something else on their resumés this week — their first post-season appearances. Altuve and Astros rookie teammate Carlos Correa, Arrieta and Cubs sluggers Anthony Rizzo and Kris Bryant, young Mets aces Matt Harvey, Jacob deGrom and Noah Syndergaard, Yankees star Masahiro Tanaka and Dodgers newcomer Corey Seager are set to make their playoff debuts.



Jose Altuve
GETTY IMAGES

5 Tale of two A-Rods

Written off by many during his one-season drug suspension, Alex Rodriguez returned this year and carried the Yankees early. He hit .250 with 33 homers and 86 RBIs as New York's DH. He reached 3,000 hits and settled a dispute with the team over a multimillion payment. But around the time he turned 40, he tailed off badly hitting .216 after the All-Star break and driving in just three runs in his final 18 games.

The Associated Press

Alex Rodriguez
GETTY IMAGES

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RECIPE Salmon Parcels

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Dinner's all wrapped up with these healthy fish and veggie parcels.

Ready in
Prep time: 25 minutes
Serves 2

Ingredients
- 1 Tbsp sesame oil
- 1 Tbsp rice vinegar
- 1 tsp low sodium soy sauce
- 1 tsp ginger, minced
- 1/2 carrot, cut into matchsticks
- 1 red or yellow pepper, cut into matchsticks
- 1 baby bok choy, white part cut into matchsticks, green part cut into ribbons
- 2 salmon filets
- Parchment paper

Directions
1. Preheat oven to 400 degrees.
2. Whisk together the sauce of oil, vinegar, soy sauce and minced ginger. Toss your veggies in the sauce.
3. Cut your parchment into two 12-inch by 18-inch squares. Cut the largest heart shapes you can within the squares. Fold it in half down the middle and make a crease.
4. Working on your bake sheet, place the parchment down and put half of your veggies down on one half of the heart. Then place one piece of fish on top of the veggie bed. Now fold the heart closed and fold and pleat the edges until it is sealed. There will be a little bit at the end that you'll have to tuck under. Repeat with your other parchment heart.
5. Bake in the oven for 15 minutes. Remove and slip the parcels right onto a plate and slice open with scissors. Careful! Steam will come out fast so make a small cut first to allow a bit to escape before cutting more.

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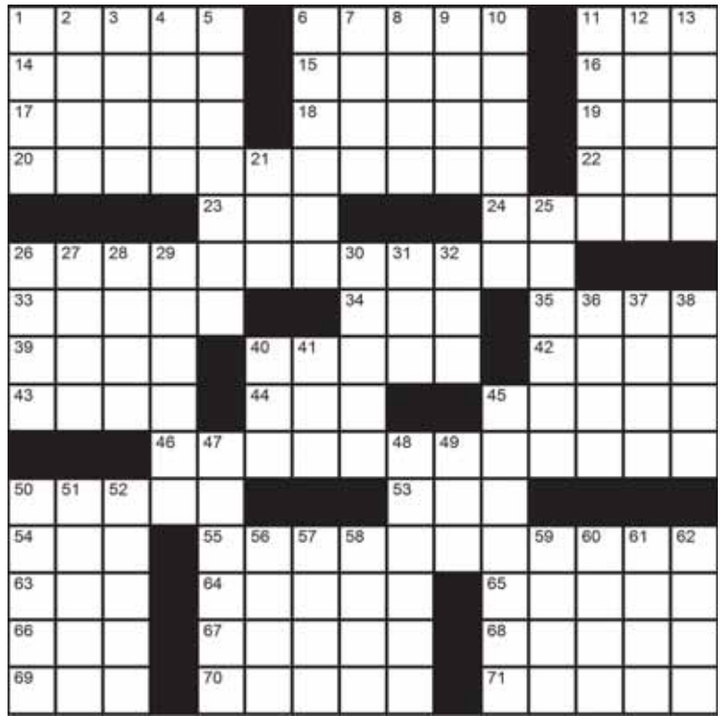
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. 'Court and _': 1974 Joni Mitchell album
6. Makes spiffy
11. 'Ideal' suffix
14. __ of Troy
15. Mann or Osbourne
16. Schuss
17. Lyre-playing Muse
18. Symbols
19. Perfect rating
20. Tied tie type named for British royalty: 2 wds.
22. Tell a tale
23. Old French coin
24. Make corrections
26. Bountiful symbol especially at Thanksgiving: 3 wds.
33. S-shaped mouldings
34. "It's _ _." (Greenlight giver's verdict)
35. Beseeched
39. Stick in one's _ (Rankle)
40. Was wearing: 2 wds.
42. _-Seltzer
43. Military cap
44. __-defined
45. MC Hammer hit: "_ _ Touch This"
46. Old fashioned looking door unlockers: 2 wds.
50. Leading letter
53. 1914 to 1918
54. Caustic stuff
55. 1992 Neil Young album: 2 wds.
63. _ _ pedestal
64. "What's the _ _ trying?" (Why bother?)
65. "I was _ _ man in Paris..." - Joni Mitchell
66. U.S. broadcasting watchdog
67. Engage in henpecking: 2 wds.
68. Ms. O'Donnell
69. Tea: French
70. Capably
71. Whimsically funny

DOWN
1. Ed Sullivan's pronunciation of the 'really big' one he hosted
2. Ms. Gilpin
3. Mr. Alda
4. Taken back [abbr.]
5. Minoan civilization's ancient city
6. Get into groups of two: 2 wds.
7. Humphrey's role in "Casablanca"
8. Bit of "Burning Up" by Madonna: "...'cause _ _ fire..."
9. Rock Hudson/Doris Day movie, "Send _ _ Flowers" (1964)
10. Group of six
11. Basket fibre
12. Coil of yarn
13. Extracted the ore
21. Punched cartoon character's reaction!
25. Canadian show, "Wind at _ _"
26. Farm animal joint
27. Fiend
28. Gather the crops
29. Sort of recent
30. Gravy boat accessory
31. Self-importance
32. Rimouski refusal
36. Wings, to Nero
37. Lettered fashion label
38. Gobbles the Tofurky
40. "Giddy up!"
41. Totally
45. Dancer's rehearsal outfit
47. Big _ (Very important person)
48. Canadian bank note with Queen Elizabeth's image
49. Cringer's cries!
50. Airborne
51. Movies: David or Kelly
52. Harmony
56. CEO's "Quick!"
57. Mil. unit
58. Test tube's pal
59. "Dial _ __ Murder" (1954)
60. "..._ _ it seems." (It appears that way)
61. Trompe l'_ (Visual illusion)
62. American portrait artist, Alice __ (b.1900 - d.1984)

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
A relationship issue needs dealing with right now. If you leave it even one more day you will find that the window of opportunity will shut for good. If the relationship means anything to you then save it!

Taurus April 21 - May 21
You don't care if what you say offends other people, in fact you like it. Choose your words for maximum impact today — it is the price they pay for avoiding the truth for so long.

Gemini May 22 - June 21
Don't worry about money matters today because there is nothing you can do about them. Instead, visualize your perfect situation. What you imagine today will happen tomorrow.

Cancer June 22 - July 23
There is no point trying to force other people to see things your way. Whatever you suggest they will do the opposite. You could bluff them but, seriously, is it worth the effort?

Leo July 24 - Aug. 23
Try not to panic, especially if your workload is getting too much for you. Today's Sun-Pluto link tends to make you look on the dark side of every situation. Lighten up, nothing bad is going to happen.

Virgo Aug. 24 - Sept. 23
Show others what you can do but don't for a moment think that you are in some way obligated to perform for their delight. If anything they should be putting on a show for you.

Libra Sept. 24 - Oct. 23
Don't go too far today because your efforts to make a name for yourself could cause problems. You don't have to keep a low profile but you do have to do everything by the book.

Scorpio Oct. 24 - Nov. 22
You will be able to predict what others are going to do before they know it themselves. You can and you must make use of that ability.

Sagittarius Nov. 23 - Dec. 21
Your confidence may be a bit low at the moment but that does not mean you should withdraw from the world. On the contrary, you need to get yourself back into the fray and show those who doubt you that you never give in.

Capricorn Dec. 22 - Jan. 20
Be on your guard if someone promises you something for nothing today. The planets warn that their generosity is not all it seems. You will be expected to do something for them in return — and it could cost you.

Aquarius Jan. 21 - Feb. 19
The harder you work the more there seems still to be done. Slow down a bit. Whatever deadlines you are working under are unnecessary and should be ignored.

Pisces Feb. 20 - March 20
Don't worry too much about the details of what you are doing. Commit yourself to it and have confidence that it will come right in the end. Just don't lose sight of the big picture.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

	9	3	1		6	4	2	
2				4				6
1			8		3			5
9		5				1		7
	4			5			6	
6		1				8		3
3			4		7			2
4				8				1
	1	6	5		2	9	7	

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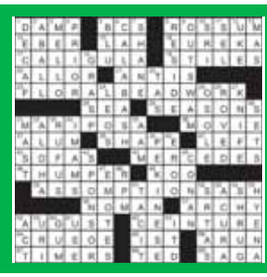

3	1	2	4	6	7	5	9	8
4	8	7	5	3	9	6	2	1
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6	2	3	1	7	8	4	5	9
1	9	4	6	2	5	8	7	3
8	7	5	9	4	3	1	6	2

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